



Academic Year: 2023-24 (ODD)

Date of Report: 20/08/2023

Activity Summary Report

Title of Activity: Yoga Session under Induction program for First Year Students

Date of Activity: 19/08/2023

Type of Activity: Induction Program

Activity for Class: FYCM-Lin, Win, Mac

Total Students Attended: 154

Recourse Person(s) Name, Designation: Mrs. Yamini Bhakare. Yoga Teacher	Department/Section: Computer Technology
Organization: K. K. Wagh Polytechnic Nashik	Address: Hirabai haridas Vidyanagari, Amrutdham, Panchavati, Nashik-422003
Points Discussed: <ul style="list-style-type: none">○ Introduction of Yoga○ Objectives of a session○ Goals of session○ Necessity of Yoga○ Right Understanding, Relationship and Physical Facility○ Understanding Yoga Education○ Continuity in Happiness and Prosperity using Yoga○ Method to Fulfill the Basic Yoga asanas.○ The value or role of Yoga in the Life of Human○ An effective methodology of Technique – precision, alignment and awareness in performing the yoga postures.○ Clear demonstration and explanation by well-qualified teachers○ Purpose is intended to facilitate the development of a human.	Mapped POs:- PO2,PO3,PO4,PO8,PO9,PO10 Mapped PSOs :- PSO1, PSO2 Mapped PEOs:- PEO1, PEO2, PEO3
	
	
Outcomes/Conclusion: From this Training program, students learned the value of Yoga in life. Students also learnt self-verification, value or role of Yoga in human day to day life. They developed the process and method to Fulfill the Basic Yoga asanas.	

Report By: Mrs.S.S.Gaikwad
(Lect- Comp. Tech. Dept.)

Prof. G. B. Katkade
HOD- CM Dept.

Photos of Session:



